
Reclaiming 'Safe Sex':

*a Guide to negotiating bodies and
boundaries with Trans folks, Queers and
Survivors.*



So you met this person and you think they are super great. You want to make the next move but your not sure what to do. Hopefully this zine will give some insight into how negotiate language and boundaries with another person especially if they are trans, queer and/or a survivor.

I will be using the term partner as in sex partner and lover. I will be using the non-gendered pronoun they, them and their. Most of my language will be transmasculine as that is the perspective I am coming from. There are several zines written by transwomen in the reference section.

The first conversation should be about **body parts** and what is going to happen during sex. It is imperative to make sure your partner feels like they have some control over what is happening to them. Many trans folks have trauma associated with their bodies just as survivors do. They often don't relate to their bodies in the same ways non-survivors and cis-folks do.

The best starting place is to always ask for **explicit consent** before engaging or touching someone. Never assume consent even if you already have an established sexual relationship and especially if drugs/alcohol is involved. Highly intoxicated people are always considered non-consenting. Using the fact someone is drunk to gain consent to activities they won't engage in sober is not acceptable and considered date rape.

The Second important thing to realize is that it is not the responsibility of your partner to **initiate these conversations**. There is a good chance that they have been trained not to engage in this type of conversation. Especially survivors who have had to endure sex against their will. If the abuse was on going that can have a some deep psychological affects on the person. One of which is that their body does not belong to them and that they are a sexual object there to please the other. Any action you do to affirm this program can be triggering and highly damaging to any healing work they are doing. I know this sounds scary but as long as you are respectful and communicative as outline in this zine you should be off to a good start.

So, you are ready to talk to your other. What do you need to know?

First, asking about body parts is probably most important for trans folks. If you learn the language that they use for their body then they will feel more comfortable in it. Where as if you refer to their 'reproductive' parts by their common name it can cause gender dysphoria. If you fetishize these parts that can even be more triggering and traumatic which we will talk about later. This conversation is really not that hard. It just comes down to a so *hey, I want to be respectful what do you call your body parts so I can refer to them appropriately?*

Once you get this language you can move onto step two. What is going to happen during sex...? And that is a great way to start the conversation. Or what do you like during sex? What turns you on? What parts of your body do you feel comfortable with me touching? Do any of these things change? What are your boundaries? And of course most important, what are your triggers? Or what is going to activate you?

We have included a whole section about triggers in the resource guide but basically you need to know what is going to set your partner off...? What is going to make them check out...? What happens when they check out...? What should you do to support them when they check out? Which I will get to in a moment. But first lets talk about what is a trigger. A **trigger** or what is being renamed an activation is an automatic response connected to your past sexual abuse that can suddenly rush into the present. It is a mechanism of the body's fight or flight response that has been trained into the amygdala.

So that is pretty vague to anyone who hasn't experienced one. Basically you will want to know the when. When is my partner being triggered? and what is doing this triggering? Some people feel that is good to move through these triggers but this can only happen with a loving supportive partner. What triggers each person will be very individualistic. Also how they react will also be. They usually know what their triggers are and what happens. Many people check out. Some have panic attacks. Some shake, some rock, some just want to be held. Sometimes people have multiple responses to multiple activations. Some are activated just by having an orgasm and need to be held and supported as even as it might appear that they are have a seizure. Whatever they are going through is healthy and natural way for them to somatically deal with their trauma. Your role as a partner is to be present with them and make sure they know that you are not judging them and that you still love and support them.

So I am sure you are wondering what is a panic attack? And checking out? They are more or less the two responses to fight or flight. Panic attack being the flight but when you can flight away from the situation (i.e., the trauma) then the body rush endorphins to the brain and the body as a physical reaction to the overload which looks like shakes and convulsing and also rocking. They maybe become very hot and sweaty. Think about how your body would react if you were face to face with a lion.

Checking out (or dissociating) being the opposite physical reaction to not being able to fight or flight. You literally check out. Your brain goes somewhere else. It is a coping mechanism to inescapable trauma. It is a temporary survival technique. Everything slows down. Parts of the body might loose feeling. For myself, it is like a really intense space out that lasts for a long time. I am not sure where I go or what I am thinking about. Usually when I return though I don't remember much of anything that has happened. I literally go somewhere else. I don't feel what is happening in my body. Most importantly I don't know when it happens. I am not totally sure what causes it. I have recognized that when I am present in my wants and needs and what boundaries I feel comfortable with in the moment and I am allowed to express them that I don't have issues with dissociating. But I still have a lot of unhealthy sexual expressions which I will talk more about later.

This checking out can be a permanent experience for certain parts of the body. Some trans and/or trauma survivors might not have sensation in certain parts of their body even their 'reproductive' organs. I have met trans womyn who use strap ons with their lovers because they are so dissociative to their penis as an actual part of their body. It is important not to stigmatize this. It is perfectly healthy and natural for trans and/or survivors to manifest control in this way.

Your partner also might not have an orgasm, ever. This doesn't mean that they don't like or don't get anything from sex. It might take them a bit to get comfortable or to trust you on this physical level. Not having an orgasm is common for people who have been abused. Sometimes orgasming was what they could maintain control over. Or maybe they were forced to orgasm by their abuser. When we as human beings are sexually stimulated it is difficult to repress our physical reactions even if mental we are turned off or we are vocally saying no. The body will still protect itself by becoming wet or hard in response to the physical attention. This is one of the main reasons so many rapists get off. The second biggest reason being the use of alcohol.

Informed Consent:

Our friend wikipedia defines Informed consent as “a phrase often used in law to indicate that the consent a person gives meets certain minimum standards. As a literal matter, in the absence of fraud, it is redundant. An informed consent can be said to have been given based upon a clear appreciation and understanding of the facts, implications, and future consequences of an action. In order to give informed consent, the individual concerned must have adequate reasoning faculties and be in possession of all relevant facts at the time consent is given. Impairments to reasoning and judgment which may make it impossible for someone to give informed consent include such factors as basic intellectual or emotional immaturity, high levels of stress such as PTSD or as severe mental retardation, severe mental illness, intoxication, severe sleep deprivation, Alzheimer's disease, or being in a coma.” -http://en.wikipedia.org/wiki/Informed_consent

In other words, you must give your partner/ask your partner all the information you need to make a decision about whether or not you want to have sex together. Here are some good questions to get you thinking about what question you would like to ask.

- * Are you willing to practice safer sex? Have you been tested for sexually transmitted diseases? When? What were the results?
- * I am interested in being nonmonogamous (or monogamous). Where do you stand on that?
- * I am long for a long term relationship (or a summer fling). What are you looking for?
- * What do you like sexually? I like anal penetration (or oral sex, etc.) Is this something you are interested in?

Feeling Safe:

This is not as black as white as it may seem. Sometimes as a survivor you might feel unsafe in a safe situation because of your trauma. Or you might feel perfectly safe in an unsafe situation because it feels more normal to you because of your trauma.

Some questions you can ask to check in with your partner:

- *How do you feel in your body? Do you feel safe, scared, unsettled?
- *Am I helping create an environment safe and free of violence and abuse? (No hitting, punching, pushing you. No calling you names or threatening you or anyone you care about. of course not referring to bdsm play.)
- *Do you consider your partner, lover, or friend needs, wants, desires as important or relevant as your own?
- *Can you meet your partner, lover or friend's needs? Do you have the know-how, the tools and the good intention?
- *Does your partner have power in the situation to act upon their own behalf? To take care of themselves fully?
- *Are they make their own choices? Are you making sure you are not pressuring, pushing or manipulating them?

Self-care, Support and Solitude:

No one chooses to be abused as a child. No one chooses to be Trans. These are very important to consider. Your partner was not hurt alone and can not truly heal alone. There is a good chance that they have already done a plethora of work learning how to work through these issues but no matter how many self-help books you read and no matter how many counselors you talk to it really comes down to the moment when you are exploring sex again. Isolation plays a key part in childhood sexual trauma. Isolation is also typical for trans folks who never really fit in with the gender culture they are supposed to engender. So coming out of isolation and engaging in relationships is really healthy and an integral part of the healing process. Isolation can also be a

sign that there is something going on for your partner. If they are isolating themselves then there is a good chance it is because it is what they know how to do when they are feeling a certain way. The most important thing is to be present with your partner. Ask them lots of questions. Use the language they ask you to use and support the boundaries they put up.

There are many different aspects to taking care of yourself: body, mental, emotional, financial, spiritual, family, relationships, your meaning in life, career, sexuality, and of course healing. So this might sound basic to you but it might not be so cut and dry for your partner. First Eating. I don't eat. I never have. When I am upset I really can't eat. When I am really triggered I will go weeks and hardly eat anything. So if you notice your partner isn't eating. Help them out. Sometimes they might just need to be reminded to eat. In terms of basic needs of course there is also sleep. Trauma survivors often suffer from chronic insomnia. For me sometimes I just need my partner to make me hold still long enough and I would fall asleep. I also take Melatonin and 5-HTP to help regulate my sleeping patterns. If your partner is having trouble sleeping consult a doctor or do your own online research to find your own ways of coping.

Your partner might also have a hard time remembering to have fun and take care of themselves. Often trauma and abuse goes beyond just sexual abuse. This causes the survivor to live in a perpetual state of fear. So they might always be busying themselves as that is how they escaped violence as a child or so they don't have to notice the fact that they are in a state of fear. Help them take some time to do the things that they enjoy and brings them happiness. So sometimes it might be difficult for them to accept as they might have been punished for this as a child or they might have lingering self-worth issues that they have to struggle through so just keep being supportive and let them move at their own pace.

Movement is so helpful. There is something called muscle memories. It is when a memory is actually physically held within a muscle. This muscle will often act up when a survivor is activated. This memory can also be worked out. Any type of exercise that can help your partner be more present in their body is going to be really helpful. Some of my personal favorites are dance, yoga and Qi Gong. I also really enjoy doing solo sports like riding my bike, skateboard, snowboard, surfboard, etc. In Qi Gong, they also talk a lot about stagnant energy. Scientifically that looks like not getting good oxygen circulation in parts of your body. Another great method for releasing some of these muscle memories and stagnant energy is massage and acupuncture.

The best thing about these movements is that they help you breathe, this helps the oxygen travel through your body which helps the body function better. Especially Yoga and Qi Gong have a strong focus on the breathing portion. When you breathe you should often be taking breathes that go all the way to your dantian or your diaphragm.

It is also important that your partner treats themselves with dignity and that you treat them with dignity. How do you talk to your partner? How do they talk to themselves? Is it with respect and care? Would you speak with a young child or a fragile friend the same way? Does your partner self-deprecate themselves? Can you help them change this language by gently correcting it with

loving language? Example if your partner refers to themselves as stupid often, don't berate them for this but maybe instead point out some way they are smart. Generally not many people are harmed for lots of acknowledgment. Even narcissists can benefit from earnest caring compliments and acknowledgement. I generally try to give everyone as much acknowledgment, encouragement and love as I can possibly remember to. I have found often this helps me form healthier relationships and a great side effect is that people usually pick up and are supportive in return.

Solitude. If your partner is looking for solitude it probably doesn't have anything to do with you. They have a lot of stuff they get to deal with sometimes they just want to do it alone. Masterbation is another form of this. Sometimes they might need to figure out their body alone for a bit. Sometimes things change, open up. Sometimes they want to know what to do with this in part of themselves before they bring it to share on the table. You should be supportive of this and not take it personal nor stigmatize it even if your partner is not having sex with you at the same time. Instead use it as an opportunity to get to know yourself better.

'Its not your fault' and Rape Culture:

Its not... Its not white people's fault that racism exists either but white people can take responsibility for racism in their actions and the way they relate to situations. So when your lover is activated, checks out or does anything else out of the norm, it is important first to remember it is not their fault and it is not your either. But you both can work to make the situation safer and healthier for all involved. The reality is that survivors have been taught that is what they do have sex whetehr they want to or not so it becomes a given, this person wants to have sex so I will have sex with them. This is rape culture. We are all a part of it and we all need to take responsiblity for it. that is why i keep emphasising throughout this zine about chekcin in with your partner and making sure that they are wanting what is happening to them. If they don't do you really want to be doing it to them? If you do then maybe it is time ye got thyself to a counselor and explored some of your own stuff and why you think it is okay to make someone have unwanted sex with you.

Reading this zine is a great start to finding out what you need to understand and be present with your partner. Some literature I read while working on this zine spoke at length about how it is not the partner's fault. Not that I disagree with this but it is important to remember in an abusive relationship, it victim is often told it is their fault so it is important that when you are recognizing it is not your fault that it is not their fault either and make sure your language and actions don't accidentally make the survivor feel as though you are blaming them. The most important thing is if your lover doesn't want to have sex, or if they don't want to have that sex or they don't orgasm; whatever is happening it is most important that you affirm for them that it is not their fault, they did nothing wrong and that you will still love them even if they don't want to do that thing you want. Forcing someone to have sex with you by manipulating them about their abuse is completely unethical and is date rape or martial rape. Any time you talk a person into having sex or participating in a sex act they don't feel okay with is rape.

Wikipedia defines Rape as “a type of sexual assault usually involving sexual intercourse, which is initiated by one or more persons against another person without that person's consent. The act may be carried out by physical force, coercion, abuse of authority or with a person who is incapable of valid consent. The term is most often defined in criminal law. A person who commits an act of rape is known as a rapist.” <http://en.wikipedia.org/wiki/Rape>

Sorry I don't mean to scare you but we live in a rape culture*. This means that the standards of how we treat each other sexually is pretty messed up. It is also to point out that rape doesn't always happen by a man to a women. Queer rape happens as well although it is even less documented than man on women rape due to the stigmatization around it. (*Rape culture is a term which originated in women's studies and feminist theory, describing a culture in which rape and sexual violence against women are common and in which prevalent attitudes, norms, practices, and media condone, normalize, excuse, or tolerate sexual violence against women. Examples of behaviors commonly associated with rape culture include victim blaming and sexual objectification. -http://en.wikipedia.org/wiki/Rape_culture)

Okay now that that scary topic has been covered. Let's move on to after the sex has happened. It is important to remember that these conversations are important to have not only before but after sex as well. Just a little hey how was that for you? What was good? What worked? What didn't work? What would you like to do differently next time? How can I do a better job of supporting you?

This portion is going to speak a lot more about what sex looks like.

Everything written here is not holy, it is just some examples and knowledge about what might happen or what people might be into.

Strap ons and Cocks:

what is a strap on? Strap-on refers to a dildo that is attached to a person via a harness. Depending on your partner the language used for a strap-on will differ. I call it my penis or cock. But I call everything a penis. I call my breasts cocks and I call my clit my little cock. Probably TMI but if I can't talk about it how can I expect you to. So your partner might already have a penis or they might be flexible on what size cock you have. You might have your own penis that you like used on yourself instead of having to use condoms. This is just a conversation you need to have and boundaries that need to be negotiated.

A better question is what can you do with a cock. There was a feminist smut magazine that was coming out for awhile I can't think of the name but it was the first time I saw someone wearing

a strap-on and getting head. It was the hottest thing ever! Basically if you can be cool with your partners strap-on being a penis then you can really do anything with it. Not just blow jobs but hand jobs. If you have a nice rack you can titty fuck* it. (*put the cock between your breast and well fuck the cock.) You can get a double sided if your lover likes penetration. Or I had a partner once who would wear the harness with a double headed dildo and fuck me in the ass and giving me a hand job. If you are not into giving head via a dildo, you can also straight up suck your partner's lil cock (sometimes called clit.) Biologically speaking there is very little difference between the clit and the penis except size. For Transmen the clit often enlarges.

Next are some tricks you can do while sucking his little cock:

suck gently (I know duh)

Press your tongue flat against his cock and move gently from side to side.

Circle his cock with your tongue.

Flick you tongue rapidly against the glands, hood and shaft of the cock.

Depending you might also consider **rimming** (or anilingus). It means to use your tongue to stimulate all the sensitive nerve endings around the entry to the anus. You can use a barrier such as latex or plastic wrap. You can also clean internally by gentle rinsing with soap and water or an enema. Be careful of cross contamination into the vag(inal) area. Bacteria from the anus can cause a vag infection. You can also stimulate your partner's other area's at the same time. Using your hand or fingers.

Transmen have many different relationships with their breasts (cocks). Some like to have them sucked. You can give them a blow job. Your partner can face fuck* you with them. Some don't want them to be touched or acknowledged at all. Again, you have to ask them these questions, express your desires and negotiate sexual boundaries from there. (*face fuck: when the person with the cock is on top and (generally forcibly) inserting their cock into the mouth of the person underneath.)

Penetration is a complicated subject.

First and for most a lot of survivors/transmen I have spoken with don't want any vag penetration as they are completely disassociated with this part of their body for various reasons. Pushing them to be sexual with this part of their body or assuming that they want to use this part of their body can be really traumatic and activating for many transmen and survivors. Some may like anal penetration. Some may not. Some may only want to give their partner pleasure and not be touched. All these things have to be okay with you. They might warm up as the relationship develops. If you are concerned then ask them. "Hey, I'm totally okay with not touching you but I would like to at some point in the future. How does that make you feel? Do you think that is something you

could be okay with or does it make you feel uncomfortable? What ever you answer is okay with me because I like you and want to be with you. I am asking so that I don't make assumptions and don't have unrealistic ideas about how our relationship is going to progress.” But in your own words.

Anal Sex:

Well there is a lot of information out there about anal sex but not much that is specifically geared towards Transmen. Tristan Taormino wrote a great book called *The Ultimate Guide to Anal Sex for Women*. And Obviously it uses language that is female-centric but it is a good guide for really anyone that wants to experience anal sex. It is also difficult because people don't talk about it and there is a lot of stigmatization around it. But it is really not that big of a deal. If you are worried about being dirty make sure you've taken a shit and that you eat lots of fiber. If you are really concerned then do an enema. But honestly, it's just shit. Things can be washed and santized. Gay men deal with this all the time. If you are using a condom or a glove, than it can just be taken off.

The thing to know is that you **MUST** use something with a flare. Muscles in your anus can contract at ood times sucking your toys right up in there. It is not an urban legend I know of it happening/ You've been warned.

Seriously, it is worth the effort. I was pretty uncomfortable with the idea at first. It is intense. Being penetrated the first time makes you feel like you need to shit. But once you let your muscles relax it is great. You can stimulate the “g-spot” from both sides if you also give a hand job. The trick is to make sure the anus is warmed up first. If you feel comfortable using your fingers and you aren't going to want to use them around the vag area then they are a good warm up. You can help your partner relax and get the anus opened up so you can insert your cock. Go slowly at first making sure you give your partner a moment to relax the muscles around where your cock has just penetrated. If they are nervous you can just move the cock in and out of the entryway and as that area gets stimulated the rest of the anus should start to open up. You can gently move in and out, deeper and deeper. Once your partner is relaxed and open then you can pound* them. But this is also dependent on your partner. Maybe they just want to be pounded and they are ready for you. As repetition is the key: ask ask ask! Ask your partner what they like. (*Pounded: being fucked in the ass very hard and very fast.)

Enemas:

I don't have a lot of experience with enemas so I am just going to give some of the basics. Is the process of introducing water (or another liquid solution) into the rectum to fluch out the colon, rectum and anal canal. As the water makes its way up and down your ass, it loosen fecal matter and stimulates the bowles. Enema's are not neccessary for having safe and clean anal sex, but some people perefer it. If you are going to use a large toy or try anal fisting then it is usually reccommended.

Fetishizing and Transphobia:

I am sure you are thinking but if I am reading this zine I must not have to worry about tokenizing, fetishizing or being transphobic. This is really not true at all. I have partners who had prior sexual relationships with other trans folks before being with me who still tokenized, fetishized and were totally transphobic towards me. As with most isms people don't really realise what they are doing. Small things like talking about your partner's breasts or being very sexually engaged with them, when your partner doesn't feel comfortable with that part of their body can have a huge impact on your partner. Sadly the worse part about it is that often the trans folk don't realize what's happening. For myself I have to check in with things like how much gender dysphoria I am having. If I am experience a lot of disassociation with my body or I notice an increase in self-hatred towards my body I have to look at what is happening in my sexual relationship first and analysis if it is healthy for me or not. For myself there has been a pretty strong correlation between my dysphoria and the way my partner is treating me. When my partner is pushing to touch my body or to see me naked or talks about my female parts sexually or tells me about sexual fantasies involving these parts; it kind breaks something inside my head. I start hating my body, wishing that it was different so I didn't have to deal with these issues anymore. This is from a person who is usually pretty okay with having a body that doesn't match their gender presentation. I, honestly, can't imagine what this must be like for someone who has a higher base line gender dysphoria. One situation even had my dysphoria so trigger that I started considering surgery wherein I hadn't even desired it before.

Lastly this issue is sorely lacking in information about having sex with transwomen because I am not a transwomen. But there are some great other zines out there I want to point you towards. One is Fucking Transwomen by Mira Bellwether <http://fuckingtranswomen.com/> another CoG also distro which is called Trans Sex by Tobi Hill-Meyer. Another resource is tm4m.org. I also have not spoken about fisting because I have no experience to draw from. Taormino's book does have a whole chapter on anal fisting though. And although I identify as kink I have not included much information about BDSM (Bondage, Dominance, Sado-Masochism). I hope to cover more of these topics in the next edition. And although the BDSM community is not known to be the safest place for qwuueers there are a lot of resources out there if you are interested. Such as Fetlife.com. Honestly I don't even know where to start, where to go nor where to finish when talking about kink since it has so many different expressions.

Books I used for reference while writing this zine were:

Tristan Taormino's The ultimate Guide to Anal Sex for Women 2nd Edition.

Although this book is female-centric it has a ton of good information for anyone interested in anal sex

Healing sex by Staci Haines.

I don't agree with everything in this book but I do like most of it. It is mostly (as I discussed earlier) the parts where she encourages the partner of the survivor not to take blame which is good but she didn't follow that up with a how to make sure in doing that you are not allowing your partner (the survivor) to take the blame.

Female Ejaculation and the G-spot by Deborah Sundahl

I suppose I didn't use this book that much but it has a ton of great information so I wanted to include it in the reference list.

Sex Toy by Emma Taylor and Lorelei Sharkey

I found this book while looking for the Healing Sex and had to buy it. It is like a mini-encyclopedia of sex terms and sex toys. It gives safer sex tips as well as tips on how to have better sex!

Trigger Plan

Developing a trigger plan is like preparing for a trip. You usually choose your itinerary and gather your maps before you buy your plane ticket. Similarly, set up your trigger plan before you are in a sexual setting. You can develop this plan to use on your own, without necessarily letting your sexual partner in on it. But sharing the plan with your sexual partner can be an empowering risk as well as a great support when working on sexual healing. Please use this plan when being sexual with yourself as well as during partner sex, because masturbation can be just as triggering.

1. Notice.

What are some of your current triggers? What happens when you are triggered? How can you (or your partner) notice that you are triggered? Be specific about behaviors. List at least three signals or signs that let you know you are triggered. For example: I start to get angry and my lover's touch bugs me. I hold my breath. I want to say something, but I feel like I can't. I worry that I will hurt my lover's feelings. Then I start tensing up in my body and find myself just "bearing it," waiting for the whole thing to be over.

2. Stop.

Take a deep breath. Stop the sexual activity. You can do this by using a safeword, by moving your body to communicate that you need to stop, or by getting up to go to the bathroom. Breathe again. Name three things you can do to stop sexual activity when you are triggered. Refer to your sense of internal safety and resources.

3. Choose.

Now you get to choose how you would like to proceed. Keep breathing. Relax your body. It is easiest to do this step if you have already generated a list of options you feel will work for you. Choose from this list what will meet your needs and support your sexual healing now.

4. Engage.

Instead of dissociating, engage in whatever strategy you have decided on. Continue to build your capacity to stay present and tolerate the sensations and feelings that are a part of this healing work. Just a reminder: you are always allowed to change your mind and to choose again. If you find that you consistently make the same choice, try choosing something different. For instance, if you usually choose to calm the trigger and continue being sexual, try going into the trigger instead. If you consistently choose to stop being sexual, practice continuing slowly. Bring yourself to your own edge of discomfort so that you can expand your possibilities and process the abuse.

5. Return.

Go back to the beginning whenever you need to.

Sexual Expression Permission Slip

Write yourself a permission slip to have the sex life you want. Here is a sample. Of course, you can create your own permission slip, using language that is meaningful for you. If you need permission from others, or from God, write yourself a permission slip from them. List all the specific expressions, acts, and feelings you want to receive explicit permission for.

I, _____, give myself complete permission to be fully expressed sexually on my own terms. This includes expressing myself sexually in whatever ways, wherever, whenever, and with whomever I choose from this day forward.

Specifically, I give myself full permission

- to have the boundaries that I want and need sexually.
- to acknowledge all of my feelings while I am being sexual, and to take care of them in whatever way best serves me in the given situation.
- to laugh during sex.
- to masturbate.
- to be sexually brazen or shy.
- to be in my body.
- to say "yes," "maybe," or "no" to sex.
- to do that one thing I've never told anyone that I've always wanted to do sexually, like...

You, _____, are granted full permission to express yourself sexually on your own terms. You have my blessings.

Enjoy!

Lovingly,

(your signature)

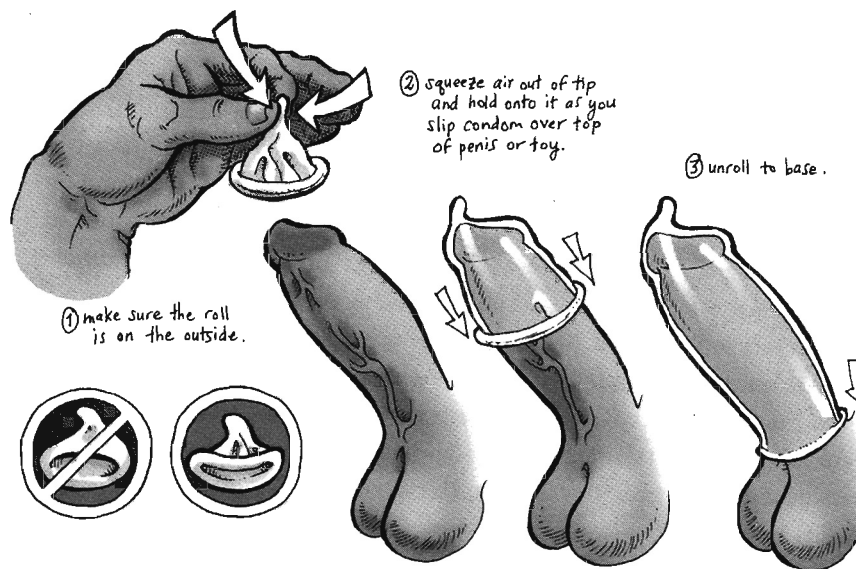


Illustration 7: Putting on a Condom

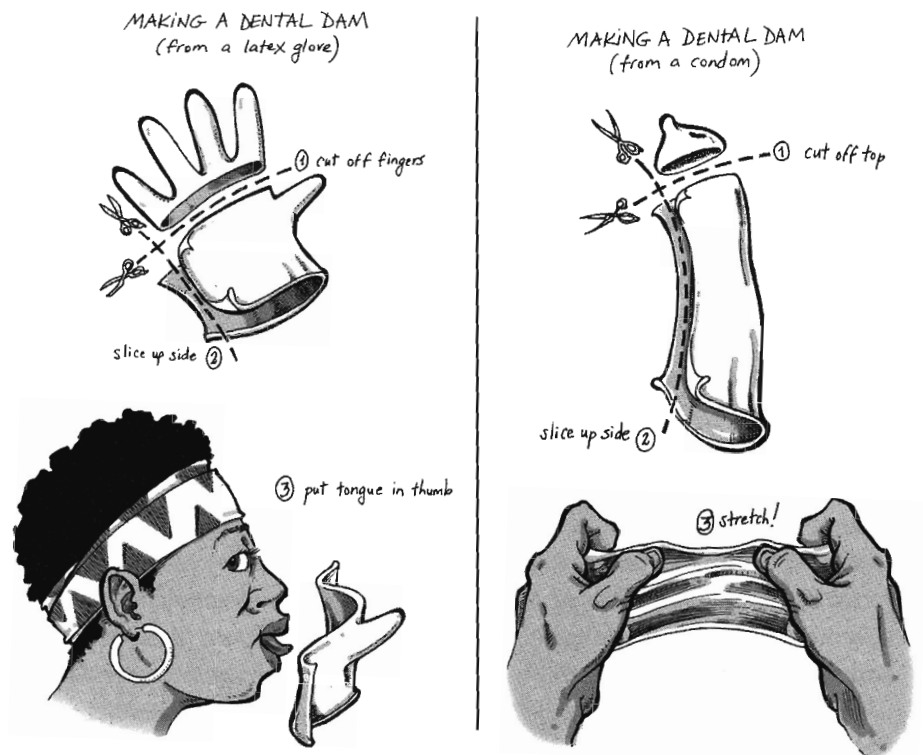


Illustration 6: Making a Dental Dam

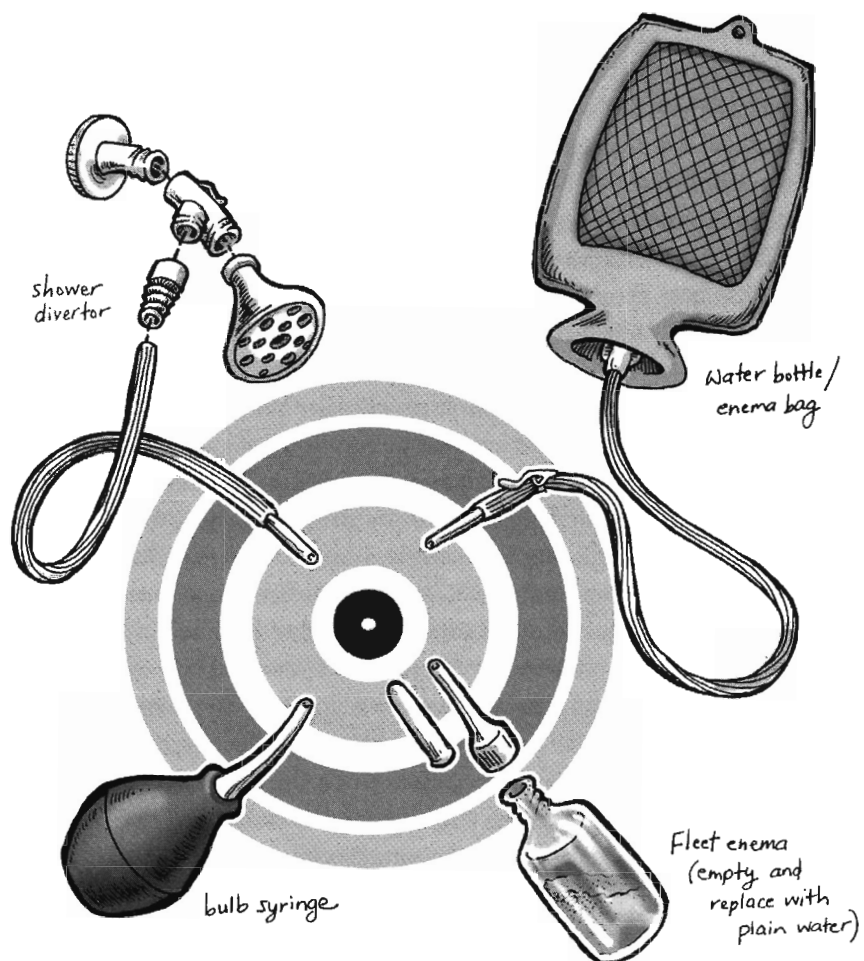


Illustration 4: Enema Equipment



Illustration 11: Strap-on Dildos and Harnesses